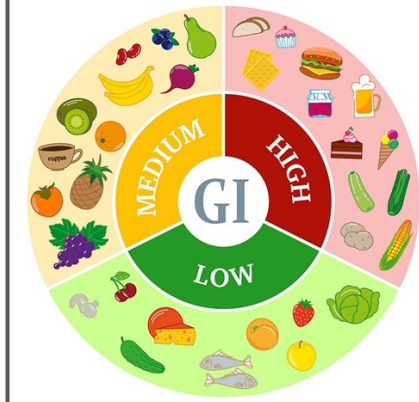


The Western Nebraska Veterans Home members had a great time Celebrating St. Patrick's Day with Runza donating Runza's for all the members for their lunch and then we celebrated by having a St. Patty's pub/party. Where we had NA green beers, NA margaritas, peanuts, pretzels, and cupcakes. We also made a special St. Patrick's Jeopardy for them to play and win prizes. Members had a great time. It was nice to hear them laugh and visit amongst each other.

ACTIVITIES



FOOD SERVICE



What is the Glycemic Index?

The glycemic index (GI) is system of assigning a value used to foods that contain carbohydrate according to how much each food increases blood sugar. The lower the GI, the less it may raise blood sugar levels. Foods high in refined carbohydrates and sugar digest more quickly and have a higher GI, while foods high in protein, fat, or fiber usually have a lower GI. An apple has fiber and a lower GI than apple juice because the fiber takes longer to digest, while juice digests quickly and is ideal for raising your blood sugar quickly if it is low. Additionally, combining foods can raise or lower GI, if you add peanut butter to sliced apples the additional fat and protein in the peanut butter will take longer to digest and cause blood sugar to rise more slowly.

Some important things to consider when applying the GI is that it does not take into consideration the total amount of carbohydrate consumed or the nutritional content of the food. Some of the health benefits of glycemic index control include: weight loss/appetite control, improved blood glucose control, and lowered cholesterol. For more information, see your friendly Registered Dietitian!

Source: <https://www.mayoclinic.org/glycemic-index-diet/art-20048478/in-depth/art-20048478>



VOLUME 5 ISSUE 1
JANUARY FEBRUARY
MARCH 2021

WESTERN NEBRASKA VETERANS HOME

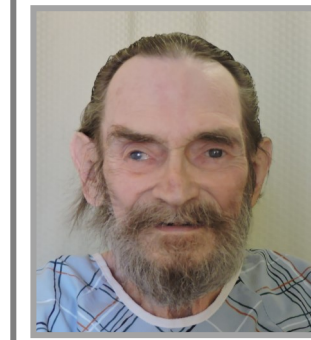
The Vets Gazette



WELCOME!
to the Western
Nebraska
Veterans Home



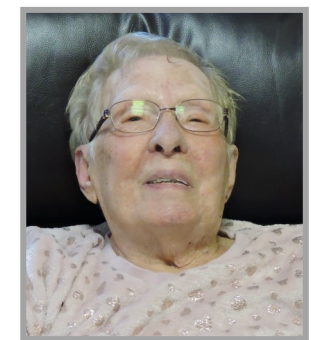
Please join us in welcoming our new members. If you see these individuals feel free to introduce yourself and welcome them to our facility.



Gerald G.



Ron and Patricia E..



Oren G.



James H.



Donald L.



Caleb and Wanda P.



Henri "Paul" G.

QUARTERLY MEMBER BIRTHDAYS

HAPPY BIRTHDAY!

| | | | | | |
|-----------------|---------|----------|-----------|----------|-----------|
| JANUARY | Herb M | Mary C | Shirley L | Harold S | Dorothy C |
| FEBRUARY | Tom M | Lee P | Bill W | | |
| MARCH | Fran A | Harley C | | | |
| APRIL | Helen H | Ron D | John T | | |
| | Don L | Jan C | Melvin S | | |



Your birthday is a special time to celebrate the gift of 'you' to the world. May your days be filled with all the good things life has to offer . . . health and happiness, dreams fulfilled and a lifetime of adventure. May God bless you.

This last quarter our facility was excited to be able to start the Member Support Companion Program for our skilled nursing members. With this program, people who have previously had a family caregiver involved in providing assistance can qualify to have that one designated visitor become their Member Support Companion (MSC). The MSC has to complete an application, complete an orientation, and follow the testing and screening protocols. They must social distance and the visits have to take place in the member's room, or they can spend time outside if they continue social distancing and wearing their mask. Our team has been working hard to get more and more families enrolled in this program. If this is something you'd like to be considered for, contact Emily (Burkey) Hernandez and she'll get you an application. As always, please remember that our Social Work team is here to support you! Let us know if there is anything we can do to assist you.

Pictured: Ron and Mary D.



SOCIAL SERVICES

MAINTENANCE

Leo Tolstoy stated, "Spring is the time of plans and projects." This is very

true for the Maintenance department this season! New windows have been installed in all member rooms in Nursing. These new windows open on each side of the room to allow fresh air and are aesthetically pleasing with the architectural inserts.

The exterior doors of Assisted Living have been replaced as well. The new doors will allow for energy efficiency and ease of use.

There are currently three projects in process:

1. A new water circulation system is being installed in Assisted Living. This new system will allow the water to safely reach the elevated temperatures required to prevent Legionella.
2. The HVAC system in Nursing is being replaced with a Variable Refrigerant Flow system. The new system will allow for heating or cooling throughout the year. This project includes replacing the ceiling lights with new LED fixtures and replacing the ceiling tile.
3. A new grease trap is being installed in the kitchen area which will allow for a more sanitary system of grease disposal.

Thank you for your patience and understanding when these projects cause a disruption in your daily activities! They will not only add to the quality of life of the members and staff, but also provide a more energy efficient building.



HEALTH INFORMATION

QA / INFECTION CONTROL

NURSING

Recently, the State of Nebraska released guidance allowing long term care facilities across the state to increase visits within their buildings. Since then, WNVH has begun having in-person visits in room 65, increased compassionate care visits for those who meet criteria, added more members to the Member Support Companion program, and continued with the window visits at Door H. It has been wonderful to see our members spending more time with their family and friends after such a long time apart. To schedule a compassionate care visit, please contact Stephanie Rodriguez, RN or Elizabeth Ossian, RN-BSN. For all other visit types, please contact the Activities department. Members who are fully vaccinated (meaning it has been more than two weeks since their final COVID-19 vaccine) have also been taking advantage of being able to go out of facility without having to return to a 14-day in room quarantine.

LIVE SAFELY



COVID-19
VACCINE



BUSINESS

PROTECTING YOUR IDENTITY AND YOUR RESOURCES



It is often times difficult to differentiate potential scams from legitimate business matters. To protect your identity and your financial resources, we wanted to offer a few tips to help you determine how to identify scam mail and electronic scam communications.

On most occasions insurance companies, Internal Revenue Service, Social Security, Medicare, subscription renewals, or anything related to those mentioned, will **not** contact a consumer directly. It is unlikely these organizations will reach out to the consumer to conduct business by phone call, text, or email. Instead, you might expect communication through the mail.

As a general rule, it is best to not share identifying information including date of birth, social security number, bank information, or credit card information through electronic communications.

Scams generally come with a scare tactic. An example would be the caller stating: "your credit card has been fraudulently charged. Please provide me with your card number so we can cancel." In this case, it is likely that the caller is attempting to obtain specific credit card information so they can use your card for purchases. Unless you are initiating the call, it is best not to provide credit card, or other identifying information in this example.

If you receive concerning mail, phone calls, or other electronic communications, please carefully consider the request before offering any personal information that may compromise your identity or your financial resources.

Should you have any questions or concerns, or need help differentiating scams from official business, please reach out to any of the WNVH Business Office Staff for assistance!

HOUSEKEEPING AND LAUNDRY

Housekeeping and Laundry are busy with annual spring cleaning. We have been busy working with members to conduct a thorough cleaning of their rooms as well as washing walls, shampooing carpets and cleaning windows. The housekeeping are diligently working to keep the facility extra clean and disinfected during the COVID-19 Pandemic.

